Suicide Prevention:

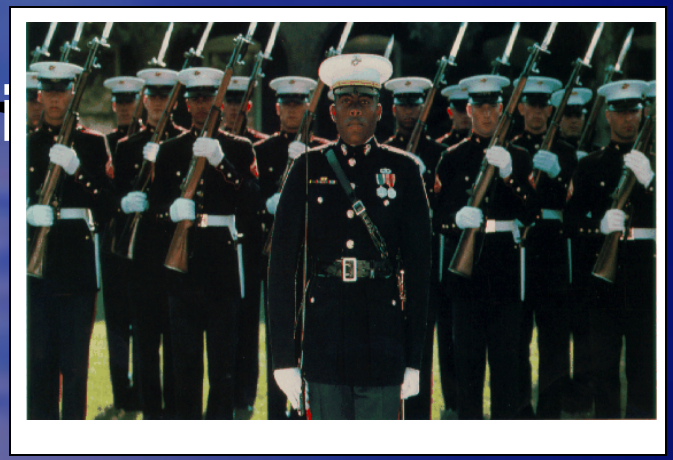
Taking Action-

TP1

Suicide: A Serious Public Health Threat

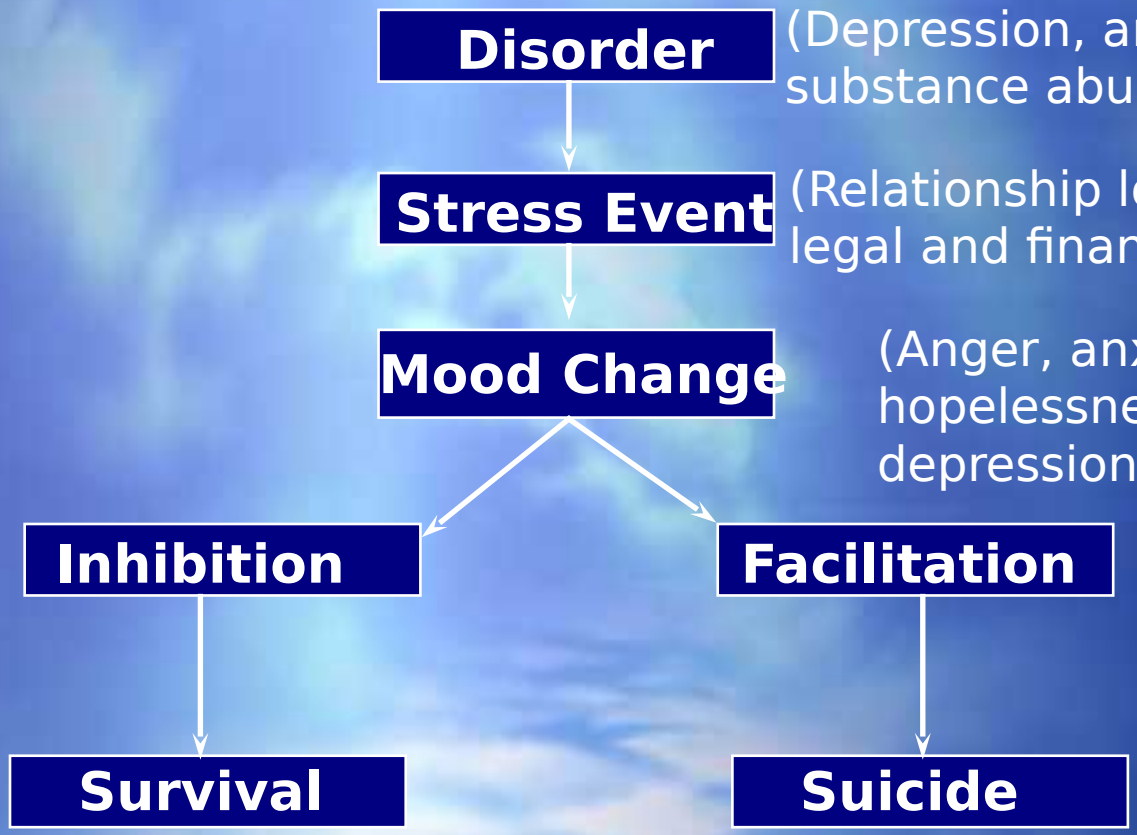
- A National Problem
- A Military Problem
- For over 10 years suicide was either the second or third leading cause of death for

and Mari



TP2

Suicide Model*



No access to method, no acceptance of suicide, support/ emotional expression, & treatment

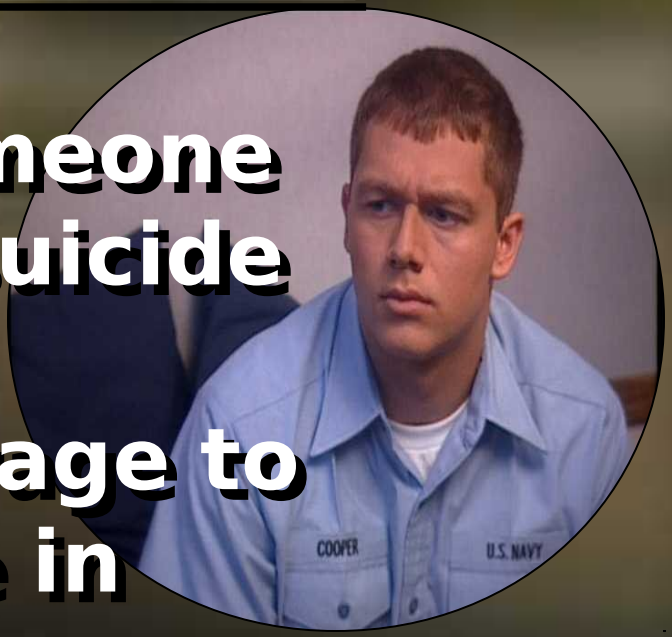
Access to method, impulsivity, isolation, acceptance of suicidal behavior, or loss of friend/ relative by

*David Shaffer, M.D., Columbia U.

Do You Know. . . .?

- **What is the no. 1 method of most completed suicides?**
- **This substance is involved in almost all suicide attempts.**

First Responders



- Recognize someone is at risk for suicide
- Have the courage to help someone in need
- First Responders can be anyone

TP4

Suicide Prevention Training Objectives

- Describe warning signs of suicide
- Identify protective factors
- Use acronym AID LIFE to recall 7 action steps
- Discuss positive characteristics of FIRST RESPONDERS
- Identify local resources for help and support

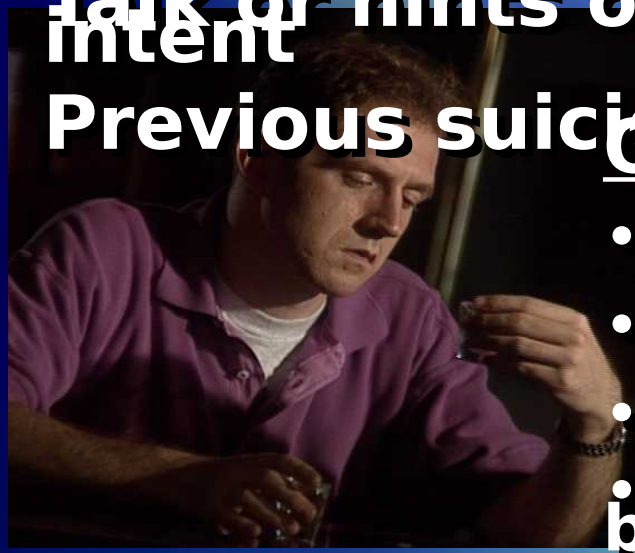
Risk Factors & Common Signs

KEY RISK FACTORS:

Depression/Substance abuse

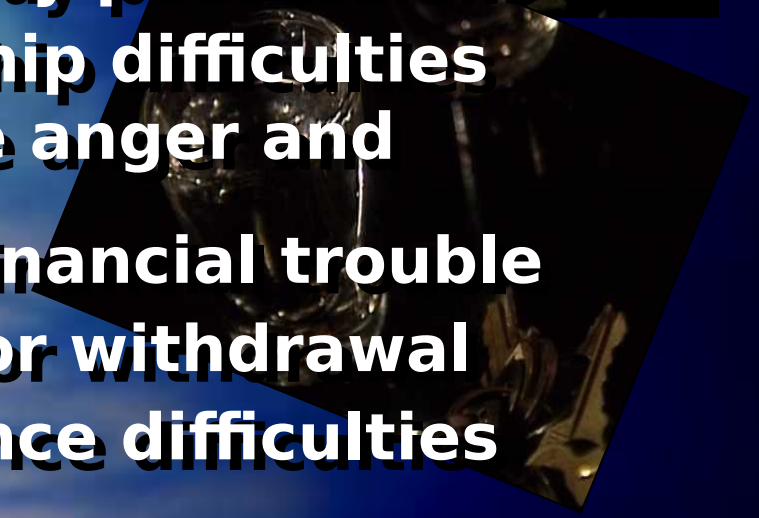
Talk or hints of suicide intent

Previous suicide attempt



Other Common Signs

- Preoccupation with death
- Giving away possessions
- Relationship difficulties
- Impulsive anger and behavior
- Legal or financial trouble
- Isolation or withdrawal
- Performance difficulties

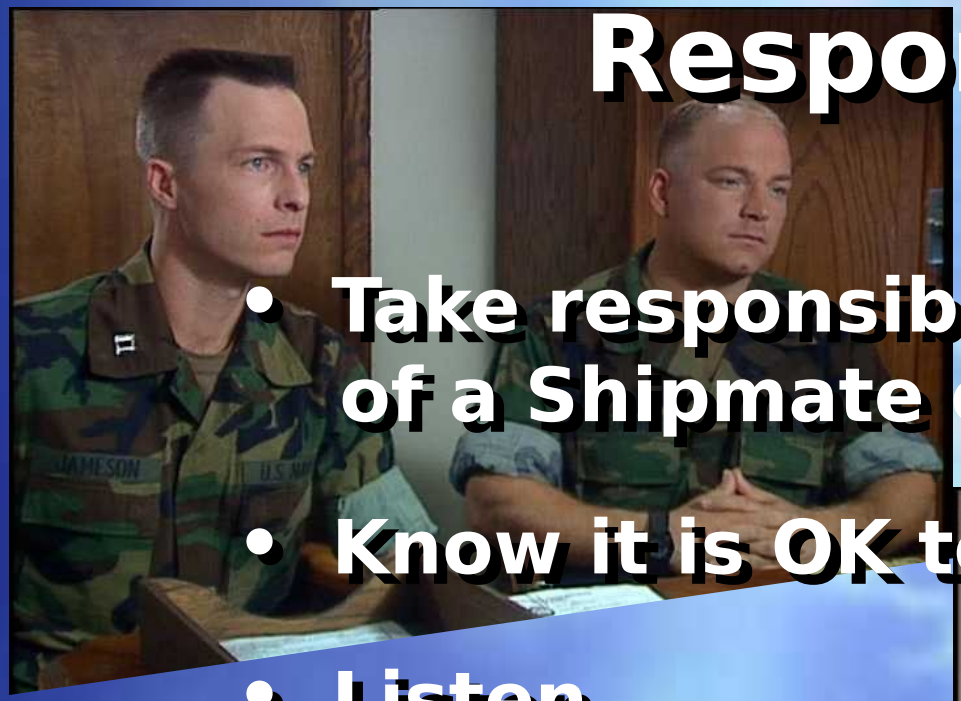


TP8

Strengthen and Increase Protective Factors

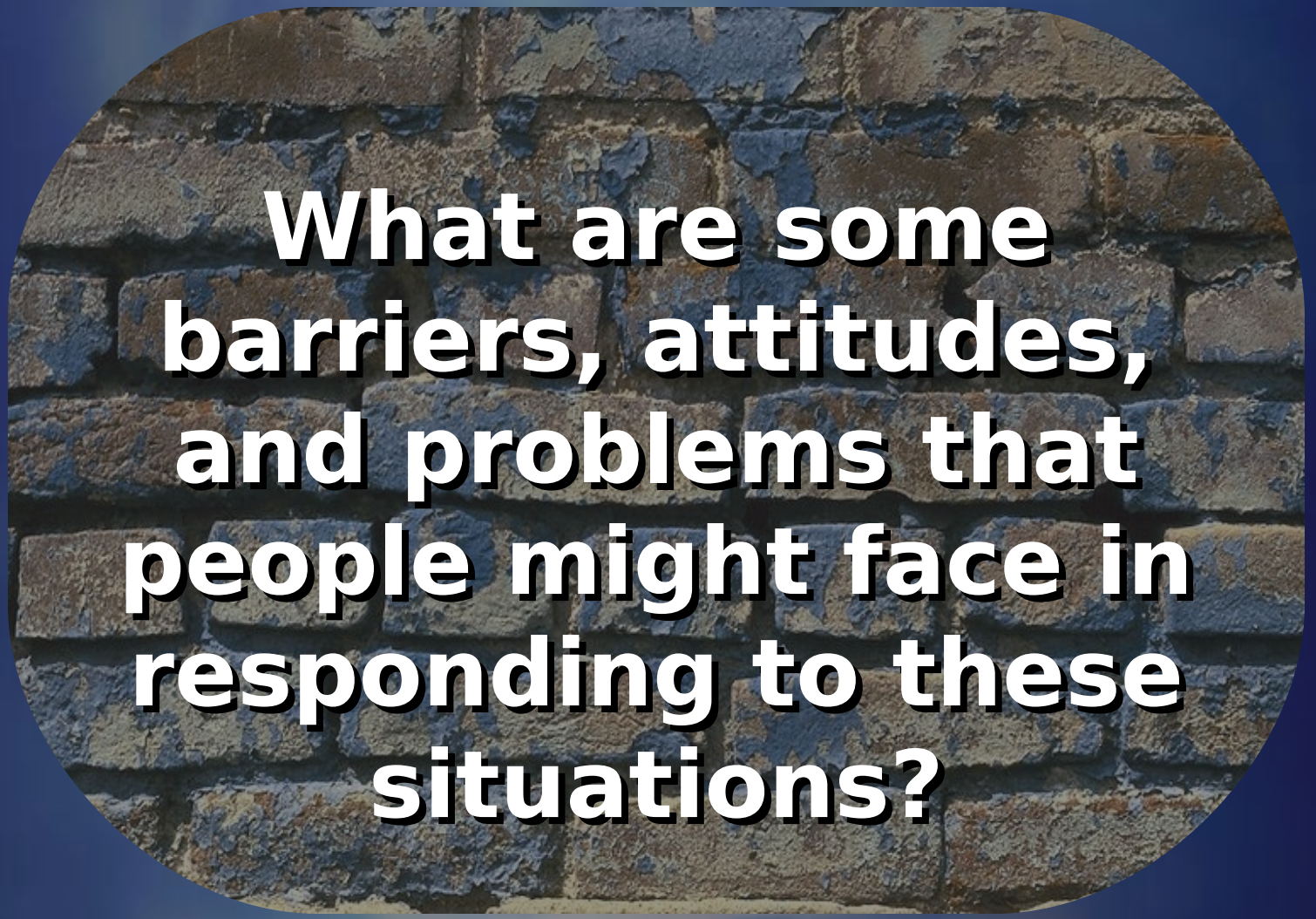
- Acceptance/Support by others
- Early intervention by command
- Good problem-solving skills
- Optimistic outlook
- Positive attitude about getting help early
- Spiritual support

Positive Steps of First Responders

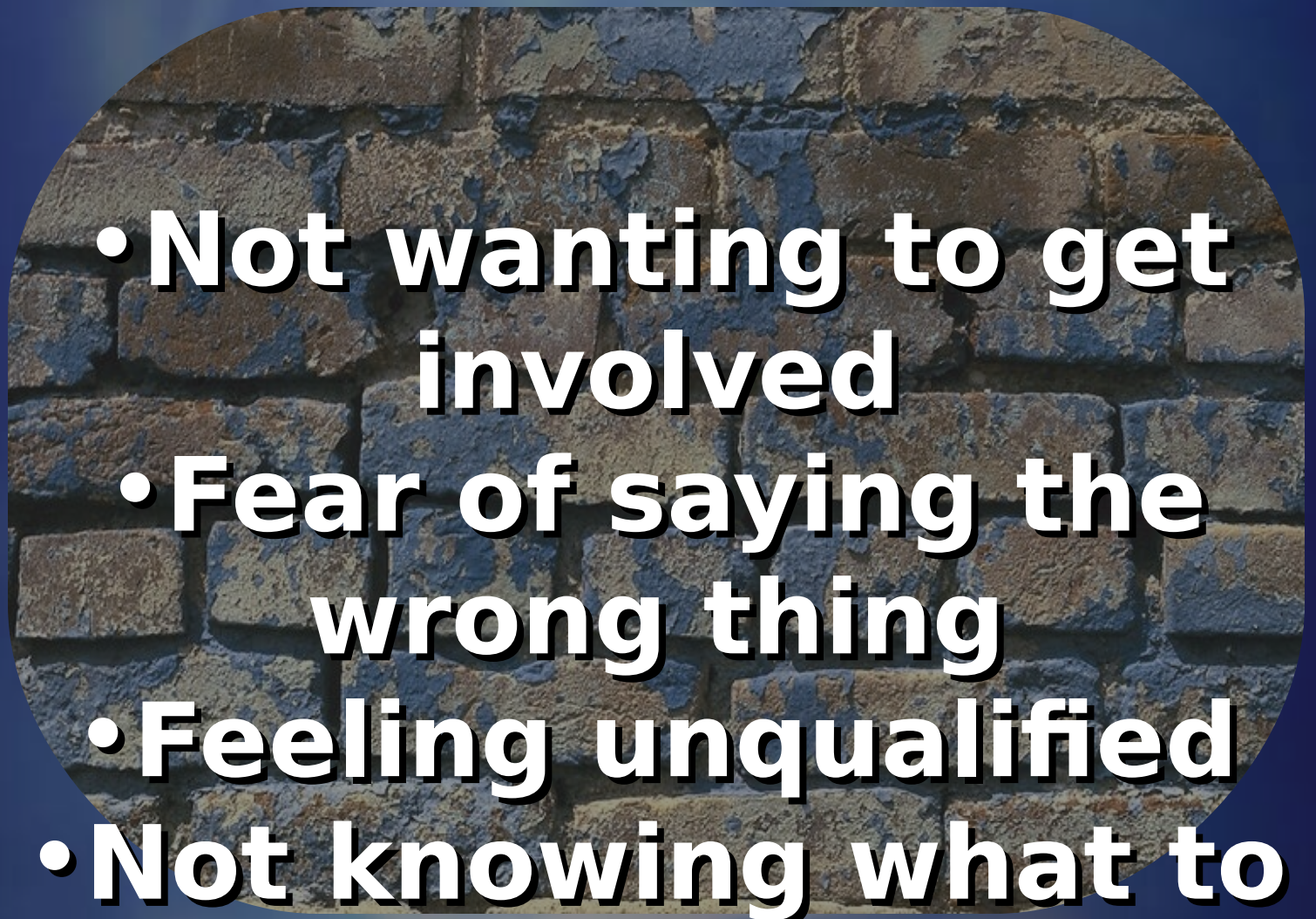


- Take responsibility for taking care of a Shipmate or fellow Marine
- Know it is OK to help
- Listen
- Act immediately
- Seek assistance from Chain of Command

TP1


What are some barriers, attitudes, and problems that people might face in responding to these situations?

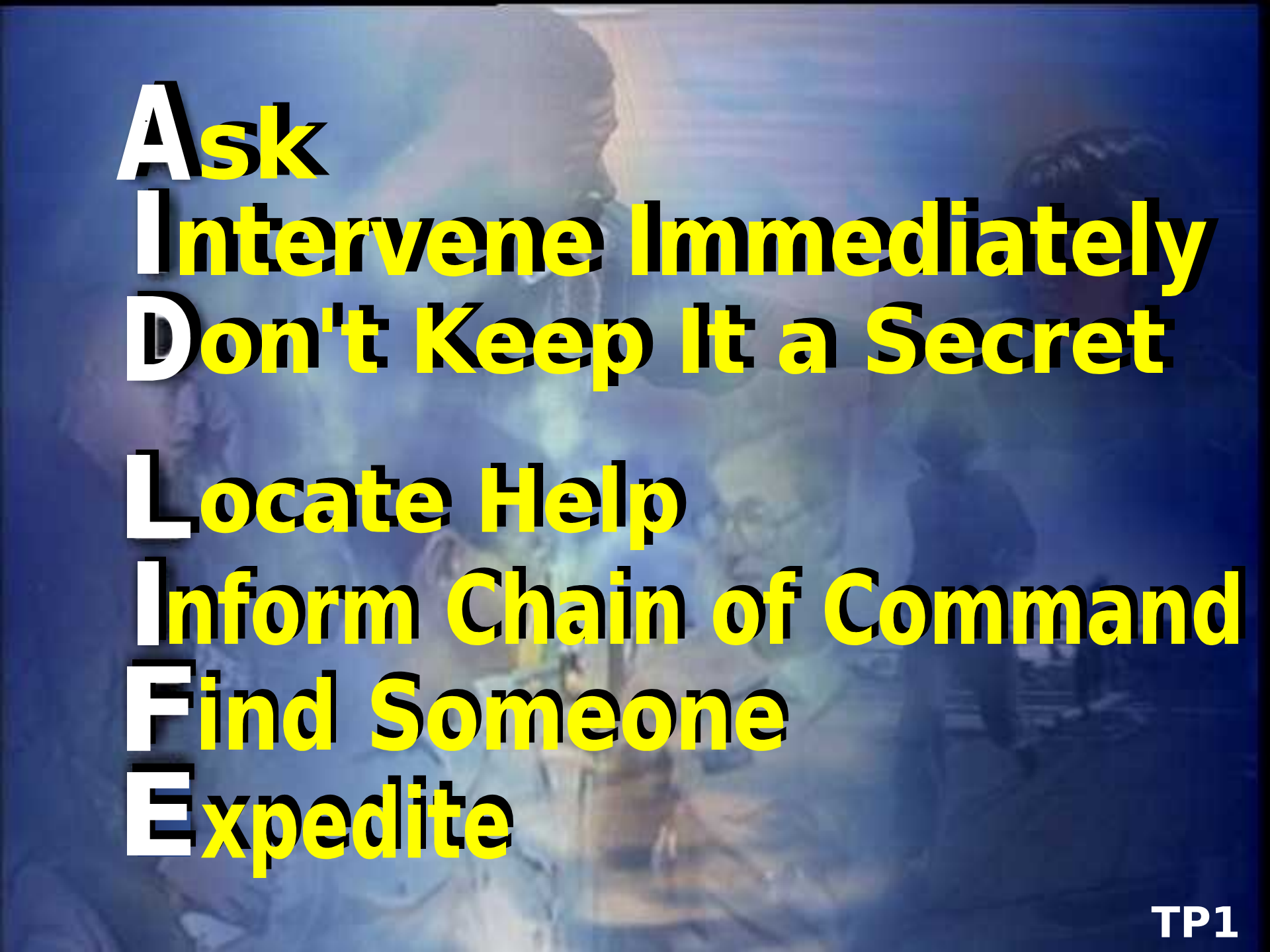
TP1



- Not wanting to get involved
- Fear of saying the wrong thing
- Feeling unqualified
- Not knowing what to do

Possible Local Resources

Family Service Centers
Marine Corps Community Services
Mental Health Services
Medical Services
Chaplains
Marriage and Family Counselors
Substance Abuse Counselors
Financial Advisors


Ask
Intervene Immediately
Don't Keep It a Secret
Locate Help
Inform Chain of Command
Find Someone
Expedite
TP1

SUMMARY

- Warning Signs
- Protective Factors
- First Responders
- Local Resources

TP1